



CITY OF FALLS CHURCH

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FOR IMMEDIATE RELEASE

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MEDIA ADVISORY

Police Department Offers Free Rape Aggression Defense Course

The City of Falls Church Police Department is offering a free Rape Aggression Defense (R.A.D.) program of realistic self-defense tactics and techniques for women, 12 years of age and older. The course is offered in four, three-hour sessions. Classes will be held at St. James School (830 W. Broad St.) on April 5, 7, 12, and 14, from 6-9 p.m. Participants are required to attend all four sessions.

The R.A.D. System is a comprehensive, women-only course that addresses awareness, prevention, risk reduction, risk avoidance, and the basics of hands-on self-defense training. R.A.D. is not a martial arts program. Nationally certified R.A.D. instructors from the City Police Department teach the course.

The registration deadline is March 27. For more information and to register, e-mail ksdempsey@verizon.net or call 703-248-5061.

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